

The Lehi City Ledger

801-768-7100

February 2010

www.lehi-ut.gov



Mayor's Message

As we start the new year, and as your new mayor, I would like to thank you for your support. I appreciate the vote of confidence you have shown in me and want you to know I will do my best to serve this great city. I am looking forward to the opportunities that will come our way as citizens.

One of the great opportunities we have in our community in the next few weeks is the Love and Marriage seminar to be held at Thanksgiving Point on Friday, February 12. I believe all married couples can benefit from this seminar. Love and kindness start in the home with parents setting an example by showing respect for each other. From strong marriages come strong children that will in turn treat others with love and respect helping to eliminate violence and other problems with our youth. I would love to see our Police Department spend more time helping and teaching our youth and less time handling domestic violence and drug issues.

I would like to see this year in Lehi City be the "Year of the Family." I encourage families to do things together like going to the park for dinner, doing service projects at our homes and in the community by inviting others to participate in community, religious, and social events that strengthen family values. Let's take responsibility and pride in our homes and our community. Again, I encourage you to attend the Love and Marriage seminar on February 12. This is a great way to begin our "Year of the Family", and make Lehi the best place to live and raise a family.

Mayor Bert Wilson

Senior Citizen Center

The Senior Citizen Center is located in the Legacy Center at 123 North Center Street. Lunches are served daily, Monday through Friday at noon. Reservations for lunch need to be called in to the Senior Center by noon the previous day (801-768-7165). The suggested donation for meals is \$2.

The Senior Center will be closed on Monday, February 15, for President's Day.

Free blood pressure clinics are held on the 1st, 3rd, and 4th Wednesdays of every month from 10:30 a.m. - noon (no appointment necessary).

Brent Fox, audiologist, is at the Center each month for hearing testing (no appointment necessary). He will be here on the 4th Thursday of each month.

Dr. Scott Humphries, podiatrist, sponsors a foot clinic every other month from 10:30-noon. Call the Center at 801-768-7165 to make an appointment.

Lehi Arts Council

www.lehicityarts.org

Singin' in the Rain

Singin' In The Rain will run March 25 – April 10. Hollywood, 1927: the silent-film romantic team of Don Lockwood and Lina Lamont is the toast of Tinseltown. While Lockwood and Lamont personify smoldering passions onscreen, in real life the down-to-earth Lockwood can't stand the egotistical, brainless Lina. He prefers the company of aspiring actress Kathy Selden, whom he met while escaping his screaming fans. The disastrous preview of the team's first talkie has the audience howling with derisive laughter.

Lehi Chorale

The Lehi Chorale, under the direction of Rebecca Chock, meets each Thursday evening at 8 p.m. for rehearsal. Individuals that love to sing are invited to participate with the group as they prepare for various community events.

Defining Lehi: Past and Present

The Lehi City Arts Council announces the winners of the 2010 Photo Contest. Adult Division: 1st Place – Eldon G. Tanner, 2nd Place – Christopher A Jensen, 3rd place – Shyan Valentine, and Honorable Mentions – Natalia Downs. Youth Division: 1st Place – Preston Smith, 2nd Place – Brennan Fralick, 3rd Place – Shay Butterfield, and Honorable Mentions – Preston Smith.

Art Classes With Nathan Pinnock

After the kids are dropped off at school, come and relax in an oil painting class. If you want to learn to paint, come join us. Past experience doesn't matter. Be introduced to drawing and oil painting and start creating quickly and painlessly. Classes are for adults and kids, and are taught at the Lehi Art Center (685 North Center St., Lehi) on Tuesdays.

1st session is 11 a.m.-1 p.m.

Great for adults while kids are at school!

2nd session is 1:30-3:30 p.m.

3rd session is 4:00-5:45 p.m.

This session is great for kids after school!

Choose the session that works for you, or stay for more than one.

Message from the Lehi Fire/EMS Department

A heart attack (also known as a myocardial infarction) is the death of heart muscle from the sudden blockage of a coronary artery. Coronary arteries are blood vessels that supply the heart muscle with blood and oxygen. Blockage of a coronary artery deprives the heart muscle of blood and oxygen causing injury to the heart muscle. This blockage most commonly follows the rupture of a vulnerable atherosclerotic plaque, which is an unstable collection of fatty acids and white blood

cells in the wall of an artery. If blood flow is not restored to the heart muscle and is left untreated for a sufficient period of time, irreversible death of the heart muscle will begin to occur. Classical symptoms of acute myocardial infarction include sudden chest pain (typically radiating to the left arm or left side of the neck), shortness of breath (commonly described as an elephant sitting on your chest), nausea, vomiting, palpitations, sweating, and anxiety. Women may experience fewer typical symptoms than men, most commonly shortness of breath, weakness, a feeling of indigestion, and fatigue. Approximately 1/4 of all myocardial infarctions are silent, without chest pain or other symptoms. Heart attacks are the leading cause of deaths for both men and women all over the world. More than 1.5 million Americans suffer a heart attack each year. About 1/3 of them die from the heart attack which is about 500,000 people. Important risk factors are: previous cardiovascular disease (such as angina, a previous heart attack or stroke), older age (especially men over 40 and women over 50), tobacco smoking, high blood levels of certain lipids (bad cholesterol) and low levels of high density lipoprotein (good cholesterol), diabetes, high blood pressure, obesity, heart failure, excessive alcohol consumption, the abuse of drugs, and chronic high stress levels.

The American Heart Association recommends that heart attack prevention begin by age 20. This means assessing your risk factors and working to keep them low. For those over 40, or those with multiple risk factors, it's important to calculate the risk of developing cardiovascular disease in the next 10 years. Many first-ever heart attacks are fatal or disabling, so prevention is critical. The sooner you begin comprehensive risk reduction, the longer and stronger your heart will beat. One reason is undeniably a lack of commitment to a heart-healthy lifestyle. Your lifestyle is not only your best defense against heart disease, it's also your responsibility. You can reduce all of the modifiable risk factors for heart disease and heart attacks if you stop/avoid smoking, choose good nutrition, reduce blood cholesterol (reduce trans/saturated fats), lower blood pressure, keep a healthy weight, reduce stress, manage diabetes, limit alcohol, and keep physically active for 30 minutes a day.

Lehi Library Spring Gala

Mark your calendars now for the Library Spring Gala. All proceeds benefit the Frances Comer Fund in behalf of the Lehi City Library. It will be held on Thursday, March 11, at 6:30 p.m. at the Legacy Center. Tickets go on sale at the Library on Tuesday, February 16, and are \$18 per person. We're very pleased to announce that our entertainment this year will be Jon Schmidt, and dinner will be provided by Marvellous Catering.

Now Accepting Grand Marshal Nominations for the Lehi Round Up

The Lehi Round Up Celebration Committee is now accepting nominations for the 2010 Celebration. Nominations are due Monday, March 1, 2010. To nominate a person or a couple, please write a letter of recommendation detailing their life, service, and pride to the community of Lehi. We would love to recognize the Grand Marshal throughout all Round Up

Celebration events and ask that they be present for the week of June 21 -26, 2010. Please submit your letter by email at lehiroundup@gmail.com or by mail at P.O. Box 33; Lehi, Utah; 84043. Please include your contact information and the nominee's contact information.

Hutchings Museum

www.HutchingsMuseum.org, 801-768-7180

Boy Scout Beginnings, January 16th, 4:30 - 5:30 p.m. Join us as we commemorate the 100th anniversary of the start of the Boy Scouts of America. Learn how scouting came to the U.S., what the Boy Scouts did, and how our own John Hutchings aided the local Boy Scout program! Then try some games and activities just like the first scouts. Matching the Cub Scout theme for February, this makes a great workshop for Cub Scouts to participate in. Please call 801-768-7180 for reservations. \$4 per Cub Scout, \$3 Scout Leaders

Museum Munchkins, March 10th, 1- 1:45 p.m. Preschoolers can dance to the beat of the drum as they learn about Native American culture! Come listen to Native American legends and flute music. Join us on the second Wednesday every month for stories, crafts, finger plays, and a short tour in one of our rooms- creating an exciting way for preschoolers to discover the museum. Children should be accompanied by an adult. If possible, please let us know you're coming by calling 801-768-7180, \$3 per person

Home Energy Savings Program

The UAMPS Home Energy Savings Program offers cash incentives to Lehi City Power customers who purchase energy efficient appliances and lighting fixtures from participating retailers. Why buy energy efficient appliances? Get cash back when you purchase a qualifying clothes washer, refrigerator, dishwasher, room A/C unit, water heater, or lighting fixtures. Plus you'll save money on your energy bill year after year, and help the environment! Visit www.lehi-ut.gov for more information, or call 1-888-365-1558.

Emergency Preparedness Tip

Have an Emergency Plan.

Develop, maintain and exercise a written, comprehensive plan detailing how emergency contingencies will be mitigated, prepared for, responded to and recovered from.

Ask the question "What would we do if..." a particular set of emergency circumstances was to arise? Think about possible and likely risks and areas of vulnerability, and then identify desirable resources and possible options. Consider how your plan correlates with school, work place and neighborhood plans. Keep in mind the fact that the very process of making a plan may well be more important than the plan itself. For more information on how to prepare yourself and your family for an emergency, visit www.BeReadyUtah.gov.

CERT Training

Community Emergency Response Team (CERT) is a training program that prepares you to help yourself, family and neighbors in the event of a disaster. As a member of a CERT team, you can respond to disasters, participate in drills and exercises, and take additional training. Under the direction of the Lehi Fire Department, CERT teams help provide critical support by giving immediate assistance to victims, providing damage assessment information, and organizing other volunteers at a disaster site. They also offer a potential workforce for performing duties such as shelter support, crowd control, and evacuation until trained emergency personnel arrive.

CERT training takes about 20 hours to complete. Participants learn how to identify and anticipate hazards, reduce hazards in the home and work place, extinguish small fires, conduct light search and rescue, set up a medical technique and help reduce survivor stress.

Who should take CERT training? People interested in taking an active role in hometown preparedness.

CERT Training begins February 24. Call the Fire Department at 801-768-7130 for more information and to register.

Lehi City Recycling Benefits

Lehi's curbside recycling statistics for 2004-2009.
Total recyclable materials: 9,510 tons

Recycling this quantity of packaging and raw materials helped conserve the following:

- 129,336 mature trees- enough timber for 1,602,000,000 sheets of newspaper.
- 40,312,938 KW Hours of electricity- the energy benefits of enough power for the annual energy needs of 3,350 homes.
- 28,530 cubic yards of landfill space- enough space to meet the annual disposal needs of a community of 36,000 Americans for one year.
- 3,522,504 gallons of oil- this represents 83,800 barrels of No. 2 fuel oil, which provides enough energy to heat and cool more than 17,400 homes for one year
- 182,592 gallons of gasoline- This represents enough gasoline for Americans to drive more than 5,100,000 miles.
- 53,256,000 gallons of water. This represents enough fresh water to meet the daily fresh water needs of more than 710,000 Americans.

2100 N Mountain View Corridor Project

As part of UDOT's ongoing effort to keep local residents, businesses, commuters, agencies and other interested parties informed during the project, they will release regular updates by email with project details, updates and impacts. **If you would like to receive these email updates, please send an update request to 2100north@utah.gov or visit**

www.udot.utah.gov/mountainviewutcounty and simply fill out the webform. Along with the public involvement team, the project website is also a great way to learn more about the MVC, 2100 North project. The site will have construction updates, detailed maps and other helpful information.

Parade Float Workshop

Thursday, March 18, at 7 p.m. at the Legacy Center

Church groups and other organizations that are planning to build a float this year can attend this float information workshop. At the workshop, participants will be given float ideas, instruction, and rules. Those building a float can pick up a packet with all the forms needed to register your float in the parade.

Lehi Alumni Basketball Tournament

A Lehi Alumni Basketball Tournament will be held from March 8-12. A \$200 fee per team guarantees each team 4 games and each player will receive a game jersey. Fees increase to \$250 per team if registered after March 1. All games to be played at Lehi High School. Each team can have 2 players that did not graduate from Lehi High School, but currently reside in Lehi. If your year does not have a team, you can join the closest year to your graduation year. There will also be a 3-point and dunk contest with prizes. Space is limited so call and sign your team up now. Don't miss out. For more information and to register, contact: Greg Adamson at 772-5202 or Johnny Revill at 318-9188.

Free Gardening Classes

The Central Utah Gardens (355 W. University Parkway, Orem) is a landscape demonstration garden provided by the Central Utah Water Conservancy District. The purpose of the gardens is to show homeowners how to have beautiful, colorful landscapes without using a lot of water. The Central Utah Gardens also provide a series of free gardening classes. For class descriptions and registration, visit www.centralutahgardens.org, or call 801-226-7136

Lehi Rippy Literacy Center

If you missed Green Eggs and Ham, you missed a lot!! Along with the Mayor and Council serving up green eggs, we had lots of celebrations. Mark Pulham put on a fabulous puppet show, John Haws displayed his amazing Presidential collection, 33 wonderful volunteers received the President's Service Award and we honored our founder, Hesther Rippy. Hesther's unwavering dedication to the cause of literacy made all this possible. She has enhanced many lives and our community. What a great legacy she has given us! Thank you to all who made this event so memorable- you are the best!!

LEGACY COMMUNITY CENTER

SCRAPBOOKING SLEEPOVER!!!

Friday Feb 26th 4pm-9am Only \$14 (\$12 Resident Discount)
 Saturday Feb 27th 9am-9pm Only \$14 (\$12 Resident Discount)

OR

Both days for ONLY \$22
 (\$18 Resident Discount)



Pampering Princess Night!

It's a pampering
 princess theme with
 lots of prizes and fun!

DINNER provided
 on Friday. Sat.
 Lunch Ticket!
 Lots of Vendors with
 materials to
 purchase!

ROCK WALL WORKOUT!!!

Jan. 26, 28, Feb. 2, 9, 11,
 16, 18, 23, 25

Legacy Members can come and
 workout on the rock wall from
 6am-7am for FREE!

16yrs and older

Questions call 801-768-7124

SPORTS BEAT

Tee-Ball & Coach Pitch

Registration Deadline May 4

Fee: \$35 (\$30 Resident Discount)

Includes: 8 games, t-shirt, hat and participant
 award

Machine Pitch

Registration Deadline May 4

Fee: \$47 (\$41 Resident Discount)

Includes: 8 games, t-shirt, hat and participant
 award

Boys Baseball

Registration Deadline March 11

Fee: \$96 (\$71 Resident Discount)

Includes: 10 games, post-season tournament,
 uniform and participant award

Girls Softball

Registration Deadline March 11

Fee: \$82 (\$61 Resident Discount)

Includes: 10 games, post-season tournament,
 jersey, visor and participant award

Spring Outdoor Soccer

Registration Deadline March 9

Fee: \$37 (\$30 Resident Discount)

Includes: 8 games and participant award

Track and Field

Registration Deadline March 9

Fee: \$62 (\$46 Resident Discount)

Includes: 8 practices/intersquad meets and t-
 shirt

Lacrosse

Registration Deadline April 6

Fee: \$55 per participant

Includes: 6 games and rental equipment

Adult Coed Volleyball

Registration Deadline March 9

Fee: \$262 (\$230 Resident Discount)

PROGRAMS

R.A.D. Women

Feb. 22, 24, 26

Self Defense for Women

Register Now!

Itty Bitty Ball

3&4 year olds

Starts In March (Register Now)

Mon/Wed/Fri OR Tue/Thur

Class 9:30-10:30am

Class 10:45am-11:45am

Space is limited!

6 classes, treats & t-shirt!

Dance

Great fun for all ages!

Classes in jazz, ballet,

combo, hip/hop,

clogging &

world dance!!

Spaces are limited!

Legacy Cheer

for 3yrs thru Junior High

The Legacy Center Cheer program is great
 for girls to stay active and learn cheer
 techniques.

Class size is limited. Register NOW!

Legacy Preschool

M/W/F from 9:30-11:30am (advanced)

OR 1-3pm.

Fee: \$90 monthly OR \$79 monthly for Res.

Dis. T/TH from 9:30-11:30am OR 1-3pm.

Fee: \$72 monthly OR \$63 monthly
 for Res. Dis.

(classes have a one time material fee \$25)

Aquatics Information

Public Swim Hours

Leisure Pool M-F 9am-8:50pm

Sat 9am-7:50pm

Pool Rental

LEISURE POOL AND 1/2 OF LAP POOL

MON-FRI 9-10:50 PM

SATURDAY 8- 9:50 PM

COST \$300

For reservations call 801-768-7124 Ext. 2316

Special Programs

Large group swim lesson programs, special group
 rental rates and water aerobics geared especially
 for school groups are available from 9am.-1pm.,
 Monday-Fri. Adaptive Aquatics programs are also
 available by request. To make your reservations
 call 768-7124 Ext. 2316.

LEHI OUTDOOR SWIMMING POOL & SLIDE

Opening Memorial Weekend, May 29

11:00am.-7:50pm.

POOL PRICES

Season Pass

Family Pass Resident (up to 6 people) \$150

Family Pass Non-Resident (up to 6 people) \$175

Additional Family Members \$25 ea.

Individual Resident \$80

Individual Non-resident \$100

Private Pool Rentals - \$275

Pool Rentals M-Th 8-9:50 pm.

Fri-Sat 7-8:50pm

OR 9-10:50pm

To reserve the pool for a private pool party call
 801-768-7124, Ext. 2316 beginning Jan. 1 until
 May 29. Beginning May 29 reservations will be
 taken at the outdoor pool 801-768-7190.

Reservations need to be placed at least 2 weeks in
 advance and must be paid for at the time the
 reservation is made.

